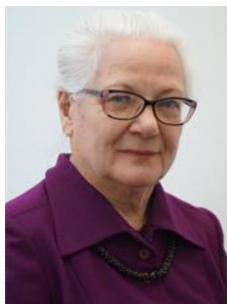


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#### ADEQUATE BEHAVIOR AND HIGH CULTURE AS A PREREQUISITE FOR THE FORMATION OF YOUTH HEALTH

**Віталій Грибан, Галина Хмель-Дунай, Олена Хмель, Марина Грибан. АДЕКВАТНА ПОВЕДІНКА ТА ВИСОКА КУЛЬТУРА ЯК ПЕРЕДУМОВА ФОРМУВАННЯ ЗДОРОВ'Я МОЛОДІ.** Стаття присвячена ролі поведінки та культури людини у формуванні, закріпленні та збереженні її здоров'я.

На теперішній час потреба гармонійного фізичного, психічного і духовного розвитку молоді людини, соціалізації її як особистості є передумовою для формування здорової нації, відродження багатого культурно-історичного досвіду та традицій національного виховання. Фізично, психічно і духовно здорова молода людина прагне до нового, кращого як для себе, так і для суспільства. Тому саме у молодому віці повинна прищеплюватись та виховуватись мотивація до формування оптимальної поведінки та високої культури, розуміння їх доцільності та необхідності для розвитку укріплення та збереження власного здоров'я. Стан здоров'я населення будь-якої країни є головним фактором її соціально-економічного розвитку, адже визначає стан людських ресурсів, а отже, кадрового потенціалу, інвесторів, роботодавців та інших учасників господарських відносин. Здоров'я – одне з найбільших цінностей людини, запорука її благополуччя, щастя і довголіття.

Здоров'я – це ще не все, а все без здоров'я – це ніщо. Так висловився відносно здоров'я Сократ. На нашу думку, здоров'я – це капітал, що забезпечує благо не лише окремій людині, але й суспільству, воно вимагає збереження і примноження. Людина повинна розглядати своє здоров'я не лише як особистий капітал, але і як державну цінність. І дійсно, немає у людини цінності більшої за здоров'я. Прикро визнавати, що вік людини відносно короткий, і до того ж, у

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переважної більшості людей значна частина життя проходить у хворобах і стражданнях. При цьому і медицина, що домоглася позбавитись багатьох захворювань завдяки використанню ефективних методів профілактики та фармакологічних засобів, виявилась безсилною щодо укріплення здоров'я людей, позбавивши їх від хвороб, а життя зробити тривалим і активним.

Сьогодні перед кожною людиною стоїть дилема – залишитися здоровою або хворіти, і розв'язання цієї дилеми залежить насамперед від поведінки людини, її способу життя. Враховуючи те, що адекватна поведінка поряд з культурою є передумовою для формування здоров'я, то необхідно зупинитись на визначенні цього поняття. Поведінка – це набір дій, реакція на середовище (подразники) свідомо та несвідомо.

**Ключові слова:** здоров'я, поведінка, культура, алкоголь, наркотики, паління, соціальні умови, хвороби, спосіб життя.

**Relevance of the study.** At present, the need for harmonious physical, mental and spiritual development of young people, their socialization as an individual is a prerequisite for the formation of a healthy nation, the revival of rich cultural and historical experience and traditions of national education. Physically, mentally and spiritually healthy young people strive for something new, better for themselves and for society. Therefore, it is at a young age that motivation is forming optimal behavior and high culture, understanding its expediency and necessity for the development of strengthening and maintaining one's own health should be instilled and nurtured [1].

The state of health of the population of any country is a key factor in its socio-economic development, because it determines the state of human resources and, consequently, human resources, investors, employers and other participants in economic relations [2]. Health is one of the greatest values of a person, the key to his well-being, happiness and longevity.

Health is not everything, but everything without health is nothing. In our opinion health is a capital that provides benefits not only to the individual but also to society, it requires preservation and increase. A person should consider his health not only as personal capital, but also as a state value. Indeed, man has no value greater than health [5]. It is unfortunate to admit that a person's age is relatively short, and in addition, the vast majority of people spend much of their lives in illness and suffering. At the same time, medicine, which has managed to get rid of many diseases through the use of effective prevention methods and pharmacological agents, has proved powerless to strengthen people's health, ridding them of disease and make life long and active.

Today, everyone faces a dilemma – to stay healthy or sick, the solution of which depends primarily on their behavior, lifestyle [2]. Since adequate behavior along with culture is a prerequisite for the formation of health, it is necessary to dwell on the definition of this concept. Behavior is a set of actions, reaction to the environment (stimuli) conscious and unconscious [6, p. 22].

**Recent publications review.** The state of health of the population is one of the most acute medical and social problems in our country. As a result of the difficult, unstable socio-economic situation, the escalation of the conflict in Donbass, and, moreover, insufficient funding for the health care system, the health of both the mature population and the youth of Ukraine has deteriorated. Age features of adolescence determine their increased sensitivity and ability to respond most acutely to changes in living conditions by deteriorating health [4].

Human behavior is of great importance in the formation, preservation and consolidation of health. One of the creators of quantum mechanics, Nobel Prize winner E. Schrödinger [5] saw in the behavior of organisms a decisive advantage in the struggle for existence. In his book, «What is Life from the Perspective of a Physicist», Moscow Gosizdat, etc. (1947), he wrote that behavior, and not any adaptations, functional or morphological, no matter how developed and perfect they may be. The ability to survive and preserve for itself and its offspring is the result of the behavior of the organism.

Unlike primitive biological systems, humans have developed mechanisms of self-assessment of health, health control and more adequate behavior to change a significant part of elementary reactions of self-preservation and inherited complex behavioral actions, such as caring for offspring. Person implements sensible actions that ensure personal well-being in the distant future. For example, medical procedures are often painful, but a person, trying to save himself, consciously agrees to have it. Thus, the mechanism of self-assessment of health and health control forms behaviors aimed at improving viability. Academician P. Anokhin [6] wrote in this regard: «The body must inevitably choose one – the only possibility of behavior from the numerical capabilities that it has at any given time». At the same time, a significant part of the behavior of a person got out of cruel health control, which led to a growing mismatch between behavior and health. The reasons for this are [7] – the inability of the human

body to subject to health control some information coming from the senses, such as the action of ionizing radiation, infra – and ultrasound, electromagnetic fields, etc.;

– mechanization and automation of production processes, the use of transport and communications, etc., freeing modern man from the need for physical effort, increasingly paralyze his viability, and human production increasingly disrupts the biosphere, leads to a number of environmental crises, becomes a direct threat to health of person;

– influence on human behavior of socio-psychological factors – social environment, culture, moral criteria, etc., which may deviate from human behavior from the elementary desire to maintain their own health;

– any forms of mental work, which are usually characterized by hypodynamia, hypokinesia, in which there is a restriction of biologically relevant information primarily from skeletal muscles, leading to impaired health.

Such scientists as: M. Amosov, I. Redka, N. Yarosh, N. Ringach, I. Bedrik, T. Kovalenko, S. Vovk have paid a great attention to the issue of health research.

An important role in understanding and solving this region of an important problem was played by the collective monograph [7] edited by prof. Yu. Boychuk's «General Theory of Health and Health Preservation», which considers medical and biological mechanisms of health, highlights the theoretical and methodological foundations of health pedagogy; modern approaches to creating a healthy educational environment; the role of physical education in maintaining health; prevention of bad habits and socially dangerous diseases; health-preserving educational technologies.

In Ukraine, in recent decades, there has been a general trend towards misconduct and deteriorating health in general and children and youth in particular. Today in Ukraine only one in ten children is born relatively healthy. The birth rate has sharply decreased [8]. Due to negative demographic trends, our population is declining by almost half a million people every year. Ukraine has one of the last places in Europe in terms of adult and children's health [9]. Low life expectancy, high mortality, high percentage of deviations in physical and mental development, diseases among children and youth. This is facilitated by environmental disaster, social tension, low level of medical care, lack of educational work in the educational process of modern school.

The state of health of children, school and student youth is of particular concern. Analysis of statistical data shows that only 5 % of school students are practically healthy, 40 % of students are chronically ill, 50 % have morpho-functional disorders, up to 80 % suffer from various neuropsychiatric disorders. Only 5 % of preconscription young men have no medical contraindications to military service. 75 % of children have one or more diseases, only 15% of babies are born completely healthy [3].

The health of the population is influenced by the peculiarities of demographic processes in the country, indicators of physical development of the younger generation, trends in the nature of the pathology of the population, lifestyle [10]. A healthy lifestyle as an active activity of the subject is motivated by motives that determine its focus, in this case, on maintaining and increasing health.

The integrity of human culture must be reproduced as a symbol in every person. Accordingly, the system of interdependent culturally recurring symbols «healthy lifestyle» must maintain the integrity of culture through its reproduction in each individual.

Health culture is a concept that is broader than the concept of «healthy lifestyle», because it is part of the overall culture of the individual and is not simply manifested in healthy life habits of the individual, but becomes a criterion for assessing the way of life [11].

Lifestyle can also be unhealthy, for example, beer has been consumed extensively in Ukraine for a long time, leading to dependence on it. If 10-15 years ago there were 1-2 per hundred alcoholics with such dependence, now there are more than ten. The growth of the beer boom was influenced by the well-known myth about the safety of beer and its relative benefits. From 15 % to 25 % of the population of Ukraine can be called hostages of small degrees, including a significant number of females [11]. Beer contains phytoestrogens (female sex hormones), with long-term use in men inhibits the formation of male sex hormone – testosterone, which leads to feminization of men (deposition of fat on the abdomen, thighs, buttocks), impaired potency, deterioration of physical and somatic qualities. In women, beer on the principle of feedback inhibits the production of female sex hormones – estrogen and leads to early menarche and changes in gender behavior of girls, gynecomastia, infertility, erectile dysfunction in males, there are also androgenic effects [12-14].

Another bad habit that leads to addiction is smoking tobacco products. Smoking is an

extremely common bad habit. Around 1.3 billion people in the world suffer from it [5, p. 12]. Of great concern is the constant increase in the number of such smokers among the young population, especially girls, and the rejuvenation of the first attempt to use tobacco: in most cases – up to 18 years, in a quarter of them – up to 10 years because it will certainly affect the health of future generations [15-16].

Given the fact that smoking is a risk factor for more than 25 diseases, accounting for almost 75 % of the causes of premature mortality, it is safe to say that smoking has long moved from a purely medical to social problem and epidemic [17].

**The research paper's objective.** Health itself should not be the goal of life, but only in its presence person feels the joy and concreteness of existence, realizes the higher meaning of his life and perceives health as a means of realizing this meaning. Health should be the first necessary human need. One of the fundamental universal values, and as we know, it is a healthy person who is able to most effectively show creative activity, create meaningful spiritual and material values, generate new ideas and solve them creatively. And, of course, only conscious behavior and a high culture of health ensure the realization of all the opportunities provided by nature to young people. Therefore, the purpose of this publication is to bring to the minds of young people the importance of behavior and health culture, that their health depends primarily on themselves, on their painstaking and systematic work to improve their bodies.

Unlike all representatives of the animal world, people are endowed with consciousness, abstract thinking. They understand what is good and what is bad. At the same time, people often rely on fate to justify their wrongdoing or inaction. But there is no doomed destiny, nature has endowed man with reason and consciousness, and therefore it must evaluate their actions and behavior through the prism of reason and consciousness. There is an unwritten rule in the military – a brave bullet is afraid, a brave bayonet does not take. The brave is not the one who takes the lead, but the one whose mind provides the most adequate behavior, and therefore the most effective action. For example, now during the pandemic, some people, due to unfounded fears, deliberately do not vaccinate against COVID-19, risking their lives and the lives of others, while many people have been vaccinated. Among all people who got ill with COVID-19 up to 97 % are unvaccinated and only 3 percent are vaccinated.

**Discussion.** A significant number of negative factors that destroy human health is presented in the literature review. It should be noted that often young people are not aware of their negative effects, and when they are aware, they still use them to emphasize their maturity, independence and so on.

We found that a significant part of junior students are quite sympathetic to alcohol (43.5 %), smoking (66 %). At the same time, senior students, both girls and boys, are mostly negative about bad habits, which can be attributed to the growth of their consciousness and culture under the influence of the pedagogical process, valeological education, media. They arouse interest in their health. This is facilitated by the general culture. After all, in recent years, interest in the world to human health problems has grown significantly.

The famous physician G. Tsaregorodtsev says: «we have mastered the arithmetic of disease and stopped at the algebra of health» [16]. Problems of education of valeological culture come to the fore in the formation of a harmoniously developed healthy, intelligent person, able to realize themselves in modern society. A healthy lifestyle in a healthy society is an important component of citizenship. Academician M. Amosov [18] formulated the basic ideas of health, which in our opinion should become the basis of valeological education. He believed that in most cases, diseases are not caused by nature or society, but by man himself, his laziness, greed or misunderstanding. To become healthy, a person must make significant and constant efforts. Physical culture and sports are of great importance for the formation of development and consolidation of health [19].

Regarding the attitude of students to physical culture and sports, only 13 % gave a positive answer to this question, more than half do not study, and a third of students said that they study, but not regularly. Similar results were obtained in studies of other authors [20-22].

It is obvious that physical culture and sports, as well as a healthy lifestyle, have not become a vital necessity for most young people. Some authors [6] seek to explain this attitude of young people to their health, low level of valeological education, motivation and material security of students. It is difficult to disagree with this opinion, but no matter how a healthy lifestyle is cultivated, no matter how high the material security of young people, no matter how many stadiums, sports grounds and swimming pools are built, health will not improve if health culture does not prevail.

The culture of health is, on the one hand, an integrated quality of a person, and, on the other hand, an indicator of his upbringing [19]. The culture of health is a set of human achievements in ensuring one's own physical, mental and intellectual health through the systematic and consistent impact on one's own body of health factors of the internal and external environment [22].

The culture of health is seen as an integral part of the overall culture of the individual, providing a certain level of knowledge, skills and abilities.

In our opinion, the following features are inherent in a young person with a high culture of health:

- high level and harmony of physical and physical health;
- well-developed mental qualities and properties, the ability to manifest and manage them;
- ability to direct and immediate awareness of oneself and the world around;
- adequate response to the action of physical and mental factors of the environment;
- self-respect and natural concern for others;
- high discipline, real requirements both to yourself and to others;
- positive mood and natural sincerity, humanity, kindness;
- high cognitive activity, sociability, openness and usefulness;
- patriotism and high culture of language;
- lack of negative habits and painful reaction to their manifestations by others;
- high efficiency and ability to effectively build your daily routine, etc.

The structure of the model of personal health culture is proposed, which consists of three blocks: program-content, need-motivational and action-practical.

The program-content block characterizes all kinds of ideas and knowledge of young people about health. At the same time, mastering national traditions related to the laws of a healthy lifestyle, the study of both national and global health systems is of great importance. The theoretical component of knowledge about the culture of personal health should be personality-oriented and colored by the emotional and value attitude of young people to their health and the health of others.

The need-motivational block primarily includes such a subjective factor as motive (motivational sphere of conscious desire, needs and interest in one's own health).

The effective-practical block is very important in the formation of a culture of health, as the latter acquires a certain meaning only in connection with the results of practical activities of young people.

The system-forming component of the culture of personal health is the worldview (the system of views on oneself and one's place in the world). This component forms the basis of the content of value orientations in the culture of personal health. Through the worldview, a young person will realize himself on the cosmoplanetary, biosocial and national-personal levels (man lives in the middle of space, has a certain natural environment, he is a socio-biological system, and all this affects his health).

**Conclusions.** So, summarizing the above, we can conclude that the culture of young people's health acts as a unity of skill, humanistic orientations, knowledge and skills of behavior. It is expressed in the presence and degree of development of the need and ability to be healthy. Maintaining a healthy lifestyle is an indicator of the level of mastery of the culture of personal health, and the latter is the main indicator of readiness for successful activities in various spheres of life.

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#### ABSTRACT

At present, the need for harmonious physical, mental and spiritual development of young people, their socialization as an individual is a prerequisite for the formation of a healthy nation, the revival of rich cultural and historical experience and traditions of national education. Physically, mentally and spiritually healthy young people strive for something new, better for themselves and for society. Therefore, it is at a young age that motivation is forming optimal behavior and high culture, understanding its expediency and necessity for the development of strengthening and maintaining one's own health should be instilled and nurtured.

The state of health of the population of any country is a key factor in its socio-economic development, because it determines the state of human resources and, consequently, human resources, investors, employers and other participants in economic relations. Health is one of the greatest values of a person, the key to his well-being, happiness and longevity.

**Keywords:** health, behavior, culture, alcohol, drugs, smoking, social conditions, diseases, lifestyle.

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#### МЕТОДОЛОГІЯ КРИМІНАЛІСТИЧНИХ ДОСЛІДЖЕНЬ У РОЗСЛІДУВАННІ КРИМІНАЛЬНИХ ПРАВОПОРУШЕНЬ

У статті розглянуто одне з важливих для теорії криміналістики та судової експертології питання – питання методології досліджень, які проводяться під час розслідування кримінальних правопорушень для отримання орієнтувальної та доказової інформації. Наголошено на тому, що поняття «методологія» у криміналістиці та судовій експертології, на відміну від понять «методика» та «метод», на сьогодні не має чітких меж та однозначного змісту. На основі опрацювання наукових поглядів стосовно загальних уявлень на методологію науки та методологію у сфері криміналістики, судової експертології сформульовано поняття криміналістичних (техніко-криміналістичних) досліджень, під якими необхідно розуміти вчення про методи техніко-криміналістичного дослідження та сукупність техніко-криміналістичних інструментів вивчення матеріальних об'єктів з

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